

January 2017

Active Adults-55+

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|--|---|---|---|--|---|-----|
| 1 | 2 <i>Closed for the New Year</i> | 3 Line Dancing 9:30am | 4 Beginner Pickleball 8:30am BINGO 10am Lunch & Learn 12pm | 5 Pickleball 9am-1pm | 6 Line Dancing 9:30am | 7 |
| 8 | 9 Pickleball 9am-1pm | 10 Line Dancing 9:30am | 11 Beginner Pickleball 8:30am | 12 Pickleball 9am-1pm | 13 Line Dancing 9:30am Popcorn & a Movie 2pm | 14 |
| 15 | 16 Senior Sports Challenge Starts Pickleball 9am-1pm | 17 Line Dancing 9:30am | 18 Beginner Pickleball 8:30am Speaker 10am /New Year's Social 12pm | 19 Pickleball 9am-1pm | 20 Health & Wellness Fair 8am-12pm Line Dancing 9:30am | 21 |
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| 22 | 23 No Pickleball | 24 No Line Dancing Tai Chi 1pm | 25 No Beginner Pickleball BINGO 10am | 26 Pickleball 9am-1pm Lunch & Learn 12pm | 27 Conde Charlotte No Line Dancing Senior Sports Challenge Lunch 12pm | 28 |
|  | | | | | | |
| 29 Mobile Symphony | 30 Pickleball 9am-1pm | 31 Line Dancing 9:30am Tai Chi 1pm | | | | |

19470 Oak Road West
Gulf Shores, AL 36542

For more information call

251-968-9818

Gulf Shores Active Adults

(251) 968-9818

adeckard@gulfshoresal.gov

January 5th, 9th, 12th, 16th, 19th, 26th & 30th —Pickleball—Join us on Monday and Thursday from 9am-1pm here at the Cultural Center Gym for Pickleball. This is a racquet sport that combines elements of badminton, tennis, and table tennis. There is a \$3 charge each day. *****Please note there will be no Pickleball on January 2nd due to being closed for the New Years Holiday and on January 23rd due to the Senior Sports Challenge*****

January 3rd, 6th, 10th, 13th, 17th, 20th & 31st—Line Dancing—Join us every Tuesday and Friday for Line Dancing in the Cultural Center Gym. Classes are held from 9:30am-12pm. Cost is \$3/person. *****Please note there will be no Line Dancing on January 24th and 27th due to the Senior Sports Challenge*****

January 4th, 11th & 18th —Beginner Pickleball—Join us for a friendly game of 3v3 every Wednesday from 8:30am-11:30am in the Cultural Center Gym. Cost is \$3/person. *****Please note there will be no Beginner Pickleball on January 25th due to the Senior Sports Challenge*****

January 4th, 11th & 25th—BINGO—Come have fun and win prizes during BINGO every Wednesday at 10am at the Cultural Center. Complimentary coffee, water and snacks. *****Please note there will be no BINGO on January 18th due to our Speaker and New Years Social*****

January 4th—Lunch and Learn with Life Vantage—Join us from 12pm-2pm for a speaking from Jennifer Sage with Life Vantage on Inflammation. Boxed lunch will be provided. Cost is \$3 per person. Contact the Cultural Center Front Desk for more information.

January 13th—Popcorn and a Movie—Join us for the movie “The Bucket List” on January 4th at 2 pm. Popcorn, coffee and water will be provided. There is no charge for this event. To sign-up call the Cultural Center Front Desk.

January 18th—Guest Speaker— New Years Social—Starting at 10am Kendra Wyatt, the Vice President for United Bank, will be presenting on “Detecting & Preventing Identity Theft & Fraud”. There will be complimentary coffee and snacks. For more information call the SPARC Front Desk. Afterwards join us for our New Year’s Social! This weeks menu features BBQ. To sign-up call (251)968-9818. Cost is \$3/ person. No dish required.

January 26th—Lunch & Learn with the Library—Join us for Soldiers in Greasepaint - USO Camp Show Entertainers of World War II at the Adult Activity Center from noon - 1pm. No fee; sponsored by the Alabama Humanities Foundation. All are welcome to attend. For more information call the library at 251-968-1177. To sign up for this event contact the Cultural Center at 251-968-9818.

January 27th—Conde Charlotte—Join us on a trip to Conde Charlotte. Departing from the Cultural Center at 8:30am. The Cost is \$11/person. To sign up contact the Cultural Center Front Desk.

January 29th—Mobile Symphony—Banish the winter chill with Korngold's lush Violin Concerto and the rich musical landscapes of Tchaikovsky's Symphony No. 1. Featuring works by some of the Romantic Era's best known composers: Wagner, Korngold, and Tchaikovsky. Must have purchased tickets. You can purchase a ticket at MobileSymphony.org. To reserve your spot please call (251)968-9818. The show will start at 2:30pm. Departing from the Cultural Center at 1pm. Cost is \$5 upon arrival.

NOTE: For all trips our max is 14 and a minimum of 10.

NOTE: Paperwork will have to be filled out before participating in any program.

NOTE: The Cultural Center will be closed on January 2nd for the New Years Holiday.